



# Don't just worry about HIV. Do something about it.

Just worrying about HIV infection won't do you a bit of good. But knowing whether you are infected can.

If you are at risk, now is the time to consider all your choices, line up the support you'll need, and seek counseling and testing.

If you test negative, you can take action to be sure you don't become infected in the future.

If you are infected with HIV, you can pass the virus to others through sex or sharing drug needles and syringes, even if you show no symptoms. You should work with a doctor to understand medical options. The earlier this happens, the more effective medical treatments can be. Side effects that have been connected with some treatments may be less of a problem when treatment is started earlier.

You could extend your life if you take the proper steps. Talk to a doctor, your health department, or other local AIDS resources. Or call your State or local AIDS hotline, or the National AIDS Hotline at 1-800-342-AIDS. Call 1-800-243-7889 (TTY) for deaf access.

**HIV is the virus that causes AIDS.**

Department of Health & Human Services, Agency for Health Services, Centers for Disease Control

**AMERICA  
RESPONDS  
TO AIDS**